

# Lexington Recreation and Community Programs



## WINTER 2017 PROGRAM BROCHURE



### Town of Lexington

#### Recreation and Community Programs Department

Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 (main office)

1625 Massachusetts Avenue, Lexington, MA 02420 (mailing address)

Office: (781) 698-4800      Fax: (781) 861-2747

Cancellation Line: (781) 698-4810

Email: [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)

Website and to register: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)



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**<https://www.facebook.com/lexreccommunitycenter>**



**Winter Program Registration Begins on**  
**DECEMBER 1, 2016**

SPRING O.W.L.L. CLASS REGISTRATION BEGINS ON JANUARY 25, 2017



## GENERAL INFORMATION

### Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible, and well-maintained facilities.

#### **Recreation Committee**

Rick DeAngelis, Chair  
Lisah Rhodes, Vice Chair  
Sandra Shaw  
Ruixi Yuan  
Jason Denoncourt

#### **Recreation & Community Programs Full-Time Staff**

Karen Simmons, CTRS, CPRP — Director of Recreation and Community Programs  
Peter Coleman, CPRP, CPSI — Assistant Director of Recreation  
Tyler Radicioni — Recreation Supervisor  
Donna Dutton — Financial Administrative Assistant  
Cherie Robinson — Department Clerk  
Sheila Butts — Community Center Director  
Thomas Romano — Youth and Family Program Coordinator  
Melinda Spencer — Community Center Office Manager

### Enterprise Fund

The department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting fees to cover all expenses. The Director of Recreation and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department by other Town departments, and payment of \$100,000 per year towards the Lincoln Park debt.

### Registration Information

**Online registration is the preferred method** for all programs. Go to: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs). We also accept walk-in and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. All participants must register, submit payment, and complete the registration form, including the waiver release, to be eligible to participate in a program. Registration for winter programs is first come, first served and will be available online as of December 1, 2016 at 12:01am. Resident walk-in registration also begins on December 1, 2016 at 8:30am. Non-resident walk-in and mail-in registration will begin two weeks after resident registration starts. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for all Recreation Division non-resident program registrations and a \$5.00 additional fee for all Community Center non-resident program registrations with a Community Center membership. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

### Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been canceled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's office. **Refunds to credit cards are not permitted.** Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be canceled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit\*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation and Community Programs Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit\* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations, the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit\*, towards another Recreation program provided that a waitlist participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.



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## HELPFUL TELEPHONE NUMBERS, EMAIL AND WEBSITES

### **Recreation and Community Programs Department**

Recreation and Community Programs Department      [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)      (781) 698-4800

Online Registration      [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)

Facebook Page      <https://www.facebook.com/lexreccommunitycenter>

Recorded Program Information and Cancellation Line      (781) 698-4810

Lexington Community Center      (781) 698-4870

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Lexington Human Services Department      [www.lexingtonma.gov/human-services](http://www.lexingtonma.gov/human-services)      (781) 698-4840

### **Sports Organizations in Lexington**

Battle Green Tennis League      [www.battlegreentennis.com](http://www.battlegreentennis.com)      Lexington Little League      [www.lexingtonlittleleague.org](http://www.lexingtonlittleleague.org)

Lexington—Bedford Youth Hockey      [www.lbyh.net](http://www.lbyh.net)      Lexington Youth Basketball Assoc.      [www.lexhoops.com](http://www.lexhoops.com)

LBH Pop Warner Football      [www.lbhpopwarner.com](http://www.lbhpopwarner.com)      Lexington Youth Lacrosse      [www.lexingtonlax.org](http://www.lexingtonlax.org)

Lexington Babe Ruth      [www.lexington.baberruthonline.com](http://www.lexington.baberruthonline.com)      Lexington United Soccer Club      [www.lexingtonunited.org](http://www.lexingtonunited.org)

Lexington Blue Sox      [www.lexingtonbluesox.com](http://www.lexingtonbluesox.com)      Lexpressas Women 40+ Soccer      [www.lexpressas.org](http://www.lexpressas.org)

Lexington Co-ed Adult Soccer      [franco.diaz@att.net](mailto:franco.diaz@att.net)      Men's Senior Softball      [lexsoftball@gmail.com](mailto:lexsoftball@gmail.com)

### **Other Helpful Lexington Contacts**

Lexington Chamber of Commerce      [www.lexingtonchamber.org](http://www.lexingtonchamber.org)      (781) 862-2480

Lexington Community Education      [www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org)      (781) 862-8043

LexFUN      [www.lexfun.org](http://www.lexfun.org)

Special Needs Arts Programs, Inc. (SNAP)      [info@Snapsing.org](mailto:info@Snapsing.org)

Visitors' Center      [www.lexingtonma.gov/visitors-center](http://www.lexingtonma.gov/visitors-center)      (781) 862-1450

## FLETCHER PARK ICE RINK



The Fletcher Park Ice Rink will be open again this winter! The rink is located at the intersection of Fletcher Avenue, Woburn Street, and Massachusetts Avenue and when the conditions are favorable, it will be open daily from dawn to dusk. Skating will be at your own risk and it is recommended that skaters wear a helmet. Hockey sticks and pucks are not allowed.

While DPW will install the ice rink, volunteers will be needed to help maintain the rink throughout the winter. If you are interested in volunteering or for updates on the status of the rink, please go to: <https://skatelexington.com>







# FAMILY FUN NIGHTS at the Community Center

*Co-Sponsored with the Human Services Department*

## Family Bingo Night—January 20th

Bring your friends and family over for another great night of BINGO at the Community Center! Entrance fee includes all your playing needs, some light refreshments and snacks, and goes toward prizes during the night.

“Walk-ins” are welcome, but pre-registration is required to be guaranteed participation in this event.

<b>Fee:</b>	<b>\$20</b>
<b>Ages:</b>	5+
<b>Date:</b>	Friday, January 20th
<b>Time:</b>	6:30—8:30pm
<b>Location:</b>	CC Room 139

## Family Craft Night—February 10th

Do you have a valentine that you want to make an awesome “Be my valentine” note for? If so, we will have the supplies for you to make the best one you can! Fee covers art supplies.

“Walk-ins” are welcome, but pre-registration is required to be guaranteed participation in this event.

<b>Fee:</b>	<b>\$10</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, February 10th
<b>Time:</b>	6:30—8:30pm
<b>Location:</b>	CC Room 230/232

## Family Trivia Night—March 10th

Make a team of up to 6 with your friends and family and be ready to be challenged with trivia categories ranging from science and nature to pop culture. Prizes will be awarded to the top finishing teams! Fee covers prizes for the night and light refreshments.

“Walk-ins” are welcome, but pre-registration is required to be guaranteed participation in this event.

<b>Fee:</b>	<b>\$20</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, March 10th
<b>Time:</b>	6:30—8:30pm
<b>Location:</b>	CC Room 139

**\* Be on the look out for more Family Fun Nights in our next brochure!**



## Tournaments for All Ages at the Community

### Ping Pong 3-Game Guarantee Tournament

Do you love playing ping pong? Do you think you are the best in Lexington? Do you and your friends play but you want to find out who is better? Sign up for our tournament and prove your skills. Tournament play will take place over a 4 week period. Sign yourself up now. Spaces are limited to 8 participants. The winner may choose a \$25 gift card to amazon or a personalized trophy.

**Ages: 11-13** —Thursdays, January 5th—26th

**Ages: 14-18** —Fridays, January 6th—27th

**Ages: 18+** —Saturdays, January 7th—28th

<b>Fee:</b>	<b>\$25</b>
<b>Ages:</b>	11-13, 14-18, & 18+
<b>Dates:</b>	Thursdays, Jan 5th—26th Fridays, Jan 6th—27th Saturdays, Jan 7th—28th
<b>Time:</b>	Thursdays, 6:00-8:00pm Fridays, 4:00-6:00pm Saturdays, 12:00-2:00pm
<b>Location:</b>	CC Ping Pong Room

### Billiards 3-Game Guarantee Tournament (8 Ball)

Do you love playing billiards? Do you think you are the best in Lexington? Do you and your friends play but you want to find out who is better? Sign up for our tournament and prove your skills. Tournament play will take place over a 4 week period. Sign yourself up now. Spaces are limited to 8 participants. The winner may choose a \$25 gift card to amazon or a personalized trophy!

**Ages: 11-13** —Thursdays, February 2nd—March 2nd (No 2/23)

**Ages: 14-18** —Fridays, February 3rd—March 3rd (No 2/24)

**Ages: 18+** —Saturday's, February 4th—25th

<b>Fee:</b>	<b>\$25</b>
<b>Ages:</b>	11-13, 14-18, & 18+
<b>Dates:</b>	Thursdays, Feb 2nd— March 2nd (No 2/23) Fridays, Feb 3rd— March 3rd (No 2/24) Saturdays, Feb 4th—25th
<b>Time:</b>	Thursdays, 6:00-8:00pm Fridays, 4:00-6:00pm Saturdays, 12:00-2:00pm
<b>Location:</b>	CC Billiards Room



## DECEMBER & FEBRUARY VACATION WEEK PROGRAMS

### MONSTER MINI GOLF



Join Lexington Recreation and Community Programs staff for 18 holes of monster-themed, glow in the dark mini golf! Fee includes transportation to and from the event as well as 18 holes of mini golf. Sign up as soon as you can since there are limited spots!



**Fee:** **\$35**

Ages: 11—14

Date: Wednesday, December 28th

Time: 1:00—4:00pm

Location: Danvers Crossing  
Shopping

Center, 10 Newbury Street in

### WINTER VACATION CHESS MINI CLINIC



Join U.S. Chess Federation expert **James Della Selva** for a December Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches.

**Fee:** **\$115**

Ages: 6—15

Dates: Wednesday—Friday,  
December 28th—30th

Time: 10:00—12:00pm

Location: CC Room 217

### RAD FOR KIDS

The Lexington Police Department and the Lexington Recreation and Community Programs Department are proud to be collaborating on this very important Kids Self Defense Program. Over the course of the program, taught by **Lexington Police Officer Charles Crayton**, students will be involved in a discussion of risk reduction strategies, continuum of survival, defensive strategies and the basic principles of defense. Participants will then begin the process of hands-on training. The program will culminate with students participating in “simulated assault” scenarios at full contact with RAD instructors. Kids have the opportunity to utilize their skills in a safe training environment monitored by instructors. Participants should wear loose fitting, comfortable clothing

**Fee:** **\$75**

Ages: 7—14

Dates: Tuesday—Friday,  
February 21st—24th

Time: 1:30—3:00pm

Location: CC Room 006

### KIDSTOCK PRESENTS - SCOOPY DOO & THE SINISTER SNOW MONSTERS

Kidstock! Creative Theater of Winchester promises young actors grades K through 6 the chance to spend vacation week creating their very own original musical based on the popular characters from Scooby Doo. The week will be spent using theater games to activate young playwrights' imaginations and acting exercises to develop the characters for our story. Art projects each day will help create the scenery and props for our fully costumed musical presentation to be staged for an audience of family and friends at 3:00pm on Friday.

**Fee:** **\$270**

Ages: 5—11

Dates: Tuesday—Friday,  
February 21st—24th

Time: 9:00am—4:00pm

Location: CC Room 237

### INCREDIFLIX—WINTER LIVE ACTION FLIX

School's out, so come have a blast making a winter themed movie. Will your movie be about a snow day, a huge winter storm, or going to the beach in California? This is your chance to write, direct, film, and star in your very own movie, and you'll get to keep your movie to share and enjoy forever! Start your year with your movie premiere!

**Fee:** **\$185**

Ages: 7—13

Dates: Tuesday—Friday,  
February 21st—24th

Time: 9:00am—12:00pm

Location: CC Room 230/232

**CC = Community Center**



## DECEMBER & FEBRUARY VACATION WEEK PROGRAMS

### F.A.S.T. ATHLETICS SCHOOL VACATION SPORTS MANIA



Join us for four fun-filled days of sports and games during the December and February school vacation weeks with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kick ball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four day vacation program held in a safe and FUN environment. Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants)

**Fee (per week): \$120 (half day)/ \$165 (full day)**

**Ages: 7—12**

#### December Vacation

**Dates:** Tuesday, December 27th—  
Friday, December 30th

#### February Vacation

**Dates:** Tuesday, February 21st—  
Friday, February 24th

**Times:** 9:00am—12:00pm (half day)  
9:00am—3:00pm (full day)

**Location:** Estabrook School Gym

## SUMMER EMPLOYMENT OPPORTUNITIES



The Lexington Recreation and Community Programs Department is currently accepting employment applications for the Summer 2017 season. If you enjoy working with children and want to have fun in the sun and be outside this summer, then we may have a spot for you to join our team! Many positions are available including: lifeguards and swim lesson instructors, camp counselors and junior counselors, sports clinic aides and instructors, tennis aides and instructors, and program aides and instructors at the Community Center.

The application deadlines are as follows:

**Returning Staff: Friday, January 6th, 2017**

**New Applicants: Wednesday, March 1st, 2017**

Applications are available in person at the Community Center or can be downloaded from our website:

[www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)



If you have any questions, please contact the Recreation and Community Programs Department at (781) 698-4800 or [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov).





## YOUTH BASKETBALL INFORMATION



**Girls Youth Basketball Clinic** Saturdays, January 7— March 18, 2017 (no program on 2/18)

**Early Registration Fee:** \$95

**Registration Fee after December 4:** \$105

This program is for girls in 1st-4th grade and will be a fun introduction to the game of basketball including proper instruction on shooting, dribbling, passing, and ball handling techniques. The basics of the game will be taught including general principles of defense and offense by a variety of engaging and child-centered games, drills, and instruction. The focus will be on learning the game of basketball in a joyful, empowering, and friendly environment.

This program is being offered in partnership with Kathryn Robb and Liz O'Neil, the co-founders of Play to Play, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will be trained in the Play to Play's coaching workshop: "Coaching the Female Athlete."

**1st & 2nd Grade:** 9:00-10:15am at Fiske

**3rd & 4th Grade:** 10:30-11:45am at Fiske

**Boys Youth Basketball Clinic**  
2/18)

Saturdays, January 7 — March 18, 2017 (no program 2/18)



**Early Registration Fee:** \$95

**Registration Fee after December 4:** \$105

The 2nd-4th Grade Boys Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings. All children must register in advance. Spots are limited in this program and it is limited to Lexington residents ONLY.

**2nd Grade:** 9:00-10:30am at Clarke

**3rd Grade:** 10:45am-12:15pm at Clarke

**4th Grade:** 9:00-10:30am or 10:45am-12:15pm at Harrington

***The success of the Youth Basketball Clinic depends greatly upon volunteer coaches. If we do not get enough volunteers, the number of participants accepted will be seriously impacted. Volunteers interested in coaching in the Youth Basketball Clinic are asked to contact the Recreation and Community Programs De-***

### **SMART START BASKETBALL**

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent **must** attend and space is limited, so register early!



**Fee:** \$60  
Ages: 5—7 with a parent  
Dates: 6 Saturdays, January 7th—February 11th  
Time: 10:00—11:00am  
Location: Estabrook School Gym

### **ADAPTIVE BASKETBALL PROGRAM**

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening, fun environment. The program takes into consideration the individual needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. **Volunteers are welcome and parents are encouraged to participate.**

**Fee:** \$65  
Ages: 6—16  
Dates: 6 Saturdays, January 7th—February 11th  
Time: 9:00—9:45am  
Location: Estabrook School Gym





## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### VIKING INDOOR PRE-SCHOOL SOCCER



This fun program, led by **Viking Sports Camps**, will give children a chance to learn some basic soccer skills while playing soccer-related games and drills. All classes conclude with a scrimmage. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers, and a water bottle. Parents and/or guardians are asked to stay for the 45-minute program and encouraged to participate with

**Fee:** \$70/session

**Ages:** 4 and 5

**Session 1:** 5 Fridays, January 13th—  
February 10th

**Session 2:** 5 Fridays, March 3rd—31st

**Times:** 3:45—4:30pm **or**  
4:45—5:30pm

**Location:** Estabrook School Gym

### F.A.S.T. ATHLETICS SUPER SPORTS CLINIC



Get up, get going, get active with a **F.A.S.T. Athletics** Super Sports Clinic! F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodgeball, Baseball, and Kickball. Programs will

include proper stretching and warm-up games as well as learning basic skills of each sport. Each class will end with a high-energy game with the sport played that day.

**Fee:** \$80/session

**Ages:** Grades K-2

**Session 1:** 5 Mondays, January 23rd—  
February 27th (No class 2/20)

**Session 2:** 5 Mondays, March 13th—  
April 10th

**Time:** 4:00—5:00pm

**Location:** Estabrook School Gym

### F.A.S.T. ATHLETICS DODGEBALL & STREET HOCKEY CLINIC



This **F.A.S.T. Athletics** program is a 2-sport class with floor hockey and dodgeball. Half of the classes will be spent playing hockey and the other classes will be spent playing dodgeball. The hockey portion will include a few dribbling and passing drills and

will end with a floor hockey scrimmage. During the dodgeball portion, students will learn and play a variety of dodgeball games. Both sports will emphasize teamwork, game strategy, and most importantly, fair play and sportsmanship.



**Fee:** \$80/session

**Ages:** Grades 3-5

**Session 1:** 5 Wednesdays, January 18th—  
February 15th

**Session 2:** 5 Wednesdays, March 8th—  
April 5th

**Time:** 4:00—5:00pm

**Location:** Estabrook School Gym

### INDOOR ARCHERY CLINIC



During this five-week program, participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from **Baystate Archery**. All equipment is provided. Students will progress at their own pace.

*Enrollment is limited.*

**Fee:** \$115/session

**Ages:** 9—14

**Session 1:** 5 Thursdays, January 12th—  
February 9th

**Session 2:** 5 Thursdays, March 2nd—30th

**Time:** 3:30—5:00pm

**Location:** Bridge School Gym



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### YOUTH VOLLEYBALL CLINIC



Under the direction of **Anne Chatfield**, LHS Girls Varsity Volleyball Coach, this is an all skills volleyball clinic that will allow participants to learn and develop the fundamental skills of volleyball, including serving, passing, setting, and hitting. There will be skill-based drills, competition drills, and learning about team concepts. Participants should bring a water bottle each week.

**Fee:** **\$80**

**Ages:** Grades 5—8  
**Dates:** 10 Tuesdays, January 10th—  
March 21st (No class 2/21)  
**Times:** 6:00—6:55pm (Grades 5 & 6)  
7:00—7:55pm (Grades 7 & 8)  
**Location:** Estabrook School Gym

### PREMIER HOOPS WINTER BASKETBALL SKILLS CLINIC

This specialized winter basketball skills program is run by **Premier Hoops**. During the course of the program, your child will learn and develop new skills to compliment their in-game performance. Your child will make new friends and gain confidence to make plays in the game. Have fun, stay active, and train with former college and professional basketball



**Fee:** **\$165**

**Ages:** 8—17  
**Dates:** 8 Thursdays, January 5th—  
March 2nd (No class 2/23)  
**Times:** 4:00—4:55pm (Ages 8—12)  
5:00—5:55pm (Ages 11—17)  
**Location:** Estabrook School Gym

### PUDDLESTOMPERS NATURE EXPLORATION



Winter is a magical time to explore nature! This class, led by **PUDDLESTOMPERS Nature Exploration**, is designed to allow children to explore and learn about the natural world from inside, with outdoor exploration as temperatures permit. Learn about how animals survive the winter and why evergreens keep their leaves. In each class, we will focus on a specific theme using hands-on activities, crafts,

**Fee:** **\$144**

**Ages:** 2—5 with parent or caregiver  
**Dates:** 6 Thursdays, February 2nd—  
March 16th (No class 2/23)  
**Time:** 9:30—10:25am  
**Location:** CC Room 221

### YOUTH ROCK CLIMBING



This 6-week youth rock climbing program will take place at the **Boston Rock Gym** in Woburn each week in a 2-hour time slot. A dedicated group of seasoned instructors will work alongside the participants to help build climbing skills in a supportive and friendly environment. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing and having fun! This will be a great activity on early release days this

**Fee:** **\$150/session**

**Ages:** 6—12  
**Session 1:** 6 Thursdays, January 12th—  
February 16th  
**Session 2:** 6 Thursdays, March 2nd—  
April 6th  
**Time:** 2:00—4:00pm  
**Location:** Boston Rock Gym,  
Olympia Avenue in Woburn

### SUPER SOCCER STARS WINTER PROGRAMS



Join **Super Soccer Stars** for some soccer fun this winter! Super Soccer Stars will be offering a variety of programs on Saturdays this winter, including their Kick and Play program for children ages 12 to 24 months, Super Soccer Stars for boys and girls ages 2-7, and their SHINE program, which is designed specifically for individuals with physical and developmental disabilities. In addition, Super Soccer Stars will also be offering a clinic during the February school vacation week. All of these programs will be held in the Hastings School gymnasium, which is located on Crosby Road off of Massachusetts Avenue.

**PLEASE NOTE:** All registration for Super Soccer Stars programs must be done directly through Super Soc-



# PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

## TEEN ROCK CLIMBING

This 6-week teen rock climbing program will take place at the **Boston Rock Gym** in Woburn each week in a 2-hour time slot. Climbing is more than just a physical workout. It's an exercise for the mind and soul. Our rock climbing program will explore varying disciplines of climbing, led by a seasoned group of instructors. Each week, topics such as rope management, which allows for independence while climbing, and techniques which will promote progression will be covered. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing & having fun!

<b>Fee:</b>	<b>\$150/session</b>
<b>Ages:</b>	13—18
<b>Session 1:</b>	6 Fridays, January 13th—February 17th
<b>Session 2:</b>	6 Fridays, March 3rd—April 7th
<b>Time:</b>	7:00—9:00pm
<b>Location:</b>	Boston Rock Gym, Olympia Avenue in Woburn

## ICE SKATING LESSONS



Learn to Skate classes are for participants ages 3 and up who have little to no formal skating experience. Skaters should wear warm, comfortable clothing that allows for movement; waterproof clothing and gloves are strongly recommended for skaters ages 3-6. A helmet (such as a bike helmet) is required and rental skates are available (free of charge) on a first-come, first-served basis. Participants should arrive 15-20 minutes prior to the class.

**Pre-Tot: Ages 3 & 4** — Instructors use songs, games, toys, and other fun methods to introduce little ones to the ice in a group class setting. Participants must be potty-trained.

**Tot 1: Ages 3-6** — For new participants ages 5 to 6 and 3 to 4 years old who have mastered the skills in Pre Tot. Participants must be potty-trained.

**Youth 1: Ages 6-12** — Instructors use games and a fun, challenging environment to teach beginning skating elements. These lessons are designed to teach basic motion, balance, and coordination that prepare skaters for hockey or figure skating.

**Teen/Adult: Ages 13 and Over** — The instructor will encourage the development of balance, coordination, mobility, and other basic skating skills at a comfortable pace for each individual. Classes will be divided by ability and/or age if possible.

## WINTER SESSION

**Dates:** 7 Mondays, January 2nd—February 13th

**Times:** 4:30-4:55pm (Pre-Tot and Tot 1)  
5:00-5:50pm (Youth 1)

**Location:** Chelmsford Forum, 2 Brick Kiln Road, N. Billerica

**Fees:** \$129 per person (Pre-Tot and Tot 1)  
\$149 per person (Youth 1)  
Tot 1)

**Dates:** 7 Sundays, January 8th—February 19th

**Times:** 12:00-12:25pm (Pre-Tot and Tot 1)  
12:30-1:20pm (Youth 1 and Teen/Adult)

**Location:** Chelmsford Forum, 2 Brick Kiln Road, N. Billerica

**Fees:** \$129 per person (Pre-Tot and Tot 1)  
\$149 per person (Youth 1 and Teen/Adult)

## SPRING I SESSION

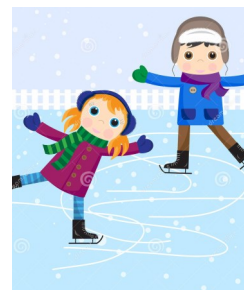
**Dates:** 7 Wednesdays, March 15th—April 26th

**Times:** 4:10-4:35pm (Pre-Tot)  
4:35-5:00pm (Tot 1)

4:10-5:00pm (Youth 1)

**Location:** Burlington Ice Palace, 36 Ray Avenue, Burlington

**Fees:** \$129 per person (Pre-Tot and  
\$149 per person (Youth 1)





## PRE-SCHOOL PROGRAMS AT THE LEXINGTON COMMUNITY CENTER

### SPROUTING MELODIES 3 (18 MONTHS—3 YEARS)

Between 18 months and 3 years of age, each day is an adventure full of growth and exploration! Songs become learned and mastered, and young children want to show off their new skills and independence. Within our music experiences, Sprouting Melodies 3 provides the routine that toddlers crave yet provides the freedom and creativity for children to grow in self-expression and to build social relationships with their peers in music. Through instrument play, movement and singing songs, children in this group will be supported as they move through their own personal journey of social, emotional, physical and cognitive growth. Class is 45 Minutes long.

<b>Fee:</b>	<b>\$265</b>
Ages:	18 Months—3
Dates:	7 Thursdays, January
19th—	March 2nd (No class 2/23)
Time:	9:00—9:45am
Location:	CC Room 242

### LIL' YOGA

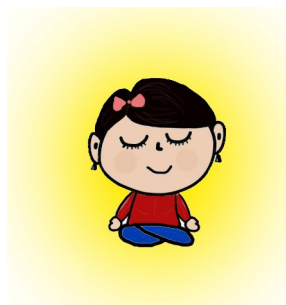
The Lil' Yoga program is designed to produce muscle strength, increase flexibility, promote coordination and increase body awareness. Students will enjoy learning yoga using basic postures, including animal poses, through fun games and activities. A few of the poses included in the class will be: snake pose, downward dog pose, owl pose, dolphin pose, frog pose, butterfly pose, and camel pose among many others. Students are expected to know between 30 and 40 poses proficiently by the end of the session. The class will provide healthy ways for students to express themselves through their poses while learning the benefit of body control.

<b>Fee:</b>	<b>\$130</b>
Ages:	3—7
Dates:	10 Wednesdays, January
4th—	March 15th (No class 2/22)
Time:	12:00—12:45pm
Location:	CC Room 006

**Sign up for Lil' Yoga  
or Lil' Karate for \$130  
each or sign up for  
both at a discounted**

### LIL' KARATE

The Lil' Karate program teaches the importance of focus, self-discipline and respect. In addition, the instructor introduces the "Stranger Danger" conversation. The teacher will talk to the students about what to do if a stranger approaches them and how he/she can defend themselves. In each class there will be new punches, kicks and blocks learned. Students will also learn how to practice with partners and how to develop confidence to perform their karate moves in front of the class. At the conclusion of each lesson, depending on behavior, the children play a different karate-themed game that focuses on teamwork.



<b>Fee:</b>	<b>\$130</b>
Ages:	3—5
Dates:	10 Wednesdays, January
4th—	March 15th (No class 2/22)
Time:	11:00—11:45am
Location:	CC Room 006

### KIDSTOCK! "MAGIC CARPET STORY THEATER"

This interactive parent/child story theater workshop promises a new adventure every week. Children are invited to bring their favorite stuffed animal as both scene partner and audience member to join them on the "magic carpet" as we travel to our story, play act with costumes for our parent/guardian, create a special craft project to take home and discover the magic of being "onstage"! An adult is requested to accompany each child to class to share in the experience.



<b>Fee:</b>	<b>\$115</b>
Ages:	3—4
Dates:	6 Mondays, January 23rd—
	March 6th (No class 2/20)
Time:	9:30—10:30am
Location:	CC Room 230/232



# YOUTH PROGRAMS AT THE LEXINGTON COMMUNITY CENTER

## FUNDAMENTALS OF FENCING

Whether you are new or more experienced, you will learn new techniques and try out the skills in weekly duels and sword games instructed by **Mythquest Edutainment staff**.

***Come join the fun in this safe, unique, fun-filled program for 6 weeks! Enrollment is limited to 12.***



**Fee:** \$108

**Ages:** 7—14

**Dates:** Session 1: 6 Tuesdays,  
January 10th—February  
14th

Session 2: 6 Tuesdays,  
March 7th—April 11th

**Time:** 6:30—7:30pm

**Location:** CC Room 230/232

## BEGINNER CHESS

Students will join **Jim Della Selva** to begin exploring chess theory and strategies, learning the basics of the game through instruction, play, theory, and group work on chess problems and games. ***Class size is***



**Fee:** \$125

**Ages:** 6—16

**Dates:** 7 Thursdays, January 5th—  
February 16th

**Time:** 4:35—5:45pm

**Location:** CC Room 217

## INTERMEDIATE & ADVANCED CHESS

More experienced youth players will join **Jim Della Selva** to further explore chess theory and strategies. The course will consist of instruction, play, theory, and group work on chess problems and games. ***Class size is limited to 8.***

**Fee:** \$125

**Ages:** 6—16

**Dates:** 8 Tuesdays, January  
17th—March 14th (No class 2/21)

**Times:** Intermediate:  
4:35—5:35pm

Advanced:  
5:35—6:35pm

**Location:** CC Room 217

## 2016 WINTER CHESS CHAMPIONSHIP

The Lexington Recreation and Community Programs Department proudly presents the 2016 Winter Chess Championship. Students will have the opportunity to play high level tournament chess while learning rules and strategies designed to raise their level of play. The championship will be divided into sections according to age and grade level. All players will receive a trophy or medal according to their performance. The tournament will be directed by **Jim Della Selva** (United States Chess Federation Expert). Rules and strategies will be taught by **Jim Della Selva** and **Bill Richard**. It is an opportunity for serious chess players with little or no tournament experience.

**Fee:** \$65

**Ages:** 6—16

**Date:** Saturday, December 17th

**Time:** 1:00—4:30pm

**Location:** CC Room 242

## SELF—REIKI CLASS ADULT & CHILD

This program offers a unique opportunity to learn Self-Reiki with your own child or yourself. Self-Reiki is a gentle and effective healing and wellness technique that consists of light hand placements to various areas of the body. Beneficial effects include relaxation, an improvement in pain reduction and sleep, more effective healing from surgery or illness, as well as an overall improved sense of well-being. At completion, you will be able to perform Self-Reiki anytime and anywhere. Come to our FREE demonstration and information session on January 9th from 6:00-8:00pm at the Lexington Community Center Room 242.

**Fee:** \$50

**Ages:** 8—100

**Date:** Saturday, February 4th

**Time:** 12:00—2:30pm

**Location:** CC Room 242



## YOUTH PROGRAMS AT THE LEXINGTON COMMUNITY CENTER

### INCREDIFLIX—STOP MOTION TRICKS & EFFECTS

"Wow", how did they do that cool effect?" - We can teach you! In this class we pull back the curtain and reveal how stop-motion movie magic is made. Students learn how to create a variety of effects in their movies including fire effects, water effects, and even how to make characters fly! Working in groups they will film these effects, showcasing their new skills.



**Fee:** \$165  
**Ages:** 7—13  
**Dates:** 6 Mondays, January 23rd—  
March 6th (No class 2/20)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230/232

### INCREDIFLIX—LEXINGTON TODAY!

Bring the fun and excitement of variety TV into after school! Kids will work together to create their own late night style variety show complete with hosts, special guests, interviews, musical guests, news, and many more other fun and unique segments. Students will work in groups going through the entire show creation process from brainstorming and writing to acting and directing. Come and join the fun bringing Lexington into the spotlight! (Show will be downloadable within 1 month after program.)



**Fee:** \$180  
**Ages:** 7—13  
**Dates:** 6 Tuesdays, January  
24th— March 7th (No class 2/21)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230/232

### WICKED COOL FOR KIDS—GIRLS SCIENCE CLUB



Back by popular demand! Engaging hands-on chemistry and geology projects will encourage girls to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lip balms, and lotions.

Explore how chemists create formulas and make your own cool products to take home. New projects include brilliant salt crystals and investigating gems and geodes.



**Fee:** \$150  
**Ages:** 5—10  
**Dates:** 6 Wednesdays, January  
25th— March 8th (No class 2/22)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230/232

### WICKED COOL FOR KIDS—LEGO ENGINEERING: CREATIVE ENGINEERING



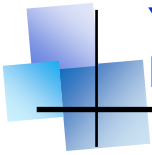
These programs teach basic engineering concepts, problem solving, and teamwork by playing and building with LEGOs. In each lesson of Creative Engineering there is a problem to solve which integrates the learning from the earlier programs. Working in teams of two, kids analyze a predicament and find an engineering solution that addresses

**Fee:** \$150  
**Ages:** 8—10  
**Dates:** 6 Thursdays, January  
26th— March 9th (No class 2/23)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 230/232

### KIDSTOCK—IMAGINATION EXPRESS STORY THEATER

This creative theater workshop uses a new story each week to explore basic acting skills as well as challenge our imaginations and problem-solving skills. Young actors develop confidence and positive self-expression with fun theater games and guided story theater presentations. Our winter travels will board the "Imagination Express" for FAIRYTALE TOWN! A final class presentation celebrates our Express Train's return to the "station" with a staged retelling of our favorite stories!

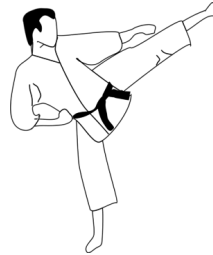
**Fee:** \$115  
**Ages:** 5—7  
**Dates:** 6 Tuesdays, January  
24th— March 7th (No class 2/21)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 242



## YOUTH PROGRAMS AT THE LEXINGTON COMMUNITY CENTER

### COMBINED MARTIAL ARTS: AGES 5 –7 & 8—12

Join instructor **Charles Crayton Jr., a 6th degree black belt**, for an easier approach on combined martial arts for the younger ones. You will come away from the class learning self-defense moves of all kinds, a sharper mind, balance, patience, and self-discipline.



**Fee:** **\$85**  
**Ages:** 5—7 & 8—12  
**Dates:** Session 1: 6 Tuesdays,  
January 3rd—February 7th  
Session 2: 6 Tuesdays,  
February 28th—April 4th  
**Time:** Ages 5—7: 4:30—5:15pm  
Ages 8—12: 5:15—6:15pm  
**Location:** CC Room 006

### COMBINED MARTIAL ARTS: AGES 13—18

Come to the Community Center and join instructor **Charles Crayton Jr., a 6th degree black belt**, for classes in combined martial arts. Come away learning self-defense moves of all kinds, a sharper mind, balance, patience, and self-discipline.

**Fee:** **\$85**  
**Ages:** 13—18  
**Dates:** Session 1: 6 Thursdays,  
January 5th—February 9th  
Session 2: 6 Thursdays,  
March 2nd—April 6th  
**Time:** 4:30—5:30pm  
**Location:** CC Room 006

### YOUTH BRAZILLIAN JUJITSU AT MASS BJJ

This kids' program is an introduction to learning Brazilian Jiu-Jitsu and is a practical approach to self-defense. The techniques of Brazilian Jiu-Jitsu allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using grappling for leverage with proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. BJJ is also a fun sport to play!! Students will receive a Gi (traditional martial arts uniform) with this program.

**Fee:** **\$135**  
**Ages:** 5—18  
**Dates:** Mon. & Fri., December 12th—  
January 20th  
**Time:** 4:00—5:00pm  
**Location:** 26 Massachusetts Avenue  
in Arlington

### BABYSITTER TRAINING

Babysitters Training will better prepare young teens to be a more responsible, trustworthy babysitter for family and friends. The class will go over interviews with parents, infant and toddler care, how to handle bedtime issues, basic first aid, tips for having a safe babysitting experience, and much more. At the end of the course each student will receive a certificate of completion signed by **Debbie LaFlamme** a licensed day care provider in eastern Massachusetts. With her degree in Early Childhood Education, she has over 20 years of experience in caring for children of all ages in her home.

**Fee:** **\$90**  
**Ages:** 11-18  
**Date:** Saturday, January 21st  
**Time:** 9:00am—1:00pm  
**Location:** CC Room 237

### HOME ALONE SAFETY I COURSE

Home Alone Safety I focuses on personal safety. The course prepares young adults for the responsibilities that come with being at home alone. This class will go over door safety and strangers, being aware of your surroundings, basic first aid, fire safety and gas leaks, and much more. At the end of the course each student will receive a certificate of completion signed by **Debbie LaFlamme** a licensed day care provider in eastern Massachusetts. With her degree in Early Childhood Education, she has over 20 years of experience in caring for children of all ages in her home.

**Fee:** **\$80**  
**Ages:** 11-18  
**Date:** Saturday, February 4th  
**Time:** 9:30—12:00pm  
**Location:** CC Room 139



# YOUTH PROGRAMS AT THE LEXINGTON COMMUNITY CENTER

## REFINING YOUR READING, ENGLISH LANGUAGE ARTS, AND STUDY SKILLS: ALL LEVELS

To improve your grades your motivation must be up. Motivation comes from knowing and doing well with your assignments. This course will address your needs to help you improve; first: help with what makes homework easier, next: one day a week to analyze your study skills, your English Language and grammar skills. Session content can be adjusted to the small group tutoring needs. **Classes will meet Mondays and Wednesdays.** In session one there will be no class January 2nd, 16th, and over February Break.

**Fee:** **\$310**

Ages: 5—10

Dates: Session 1: January 4th—  
March 8th

Session 2: March 13th—  
May 10th (No class 4/17, 4/19)

Time: 5:30—6:30pm

Location: CC Room 246

## PRIVATE MUSIC LESSONS

Would you love to be able to play the guitar or piano but think that you're too old, too busy, or that only people from the special talented planet can? Or maybe your kids have been begging you for lessons and you're looking for a teacher that will make the learning fun and imbue a lifetime love of music. There are only spots for 6 private lessons.

**Fee:** **\$800**

Ages: 5+

Dates: 9 Thursdays, January 5th—  
March 2nd (No class 2/23)

Time: 30 Minute Lesson from  
2:00—5:00pm

Location: CC Room 245

## JANET FELD MUSICAL GROUP

Beginning on Thursday, January 5th at 1pm, Janet Feld of Janet's Planet: Music Lessons for Humanoids, Inc. is offering a guitar class for 3rd - 5th graders at the Lexington Community Center. Registration for each class in guitar and piano is limited to 5 students to make sure every student gets the attention they need as they experience their first journey with playing guitar.

The class will entail 10 Weekly Classes, Sheet Music and/or Books, MP3s and Video Lessons (To support practicing), An Invitation to Perform at a Recital at the end of the School Year, Coaching & Cheerleading (to help students easily clear normal learning hurdles), and Make-Up Materials for Missed Classes (Available in the event of a 24-

**Fee:** **\$250**

Ages: 9—11 & 18+

Dates: Thursdays, January 5th—  
March 16th (No class 2/23)

Times: 9—11: 1:00—2:00pm  
18+: 11:45am—12:45pm

Location: CC Room 245

## KIDS YOGA

Yoga for Kids is specifically and age appropriately designed to introduce children to calming strategies they can implement in any setting using the practice of yoga, visualization and mindfulness techniques. Higher-level energy games and activities are interspersed with yoga-based poses, stretches and visualizations aimed at improving physical fitness, strength, flexibility as well as beginning to introduce mental and emotional calming strategies to increase focus and decrease stress. The environment promotes learning, relaxing and developing life skills for wellness. Per the age, class is active and incorporates yoga throughout. Students may take either or both Wednesday and Thursday classes. The skills practiced are similar but the classes are not the same so children enroll in both days without repetition.

CC = Community Center

**Fee: \$145/1 day per week**

**\$270/2 days per week**

Ages: 8—10

Dates: 11 Wednesdays, January  
11th— March 22nd (No class 2/22)

**and/or**

11 Thursdays, January  
12th— March 23rd (No class 2/23)

Times: 4:15—5:15pm  
(Wednesdays)

1:30—2:30pm  
(Thursdays)

Location: CC Room 242







## ADULT AND 60+ PROGRAMS

### EARLY MORNING ADULT DROP-IN GYM AT LHS FIELD HOUSE

Season membership cards **are required** for this morning drop-in program. The pass is also valid for the adult evening drop-in program. ID cards may be purchased at either the Lexington Community Center or onsite. **This program does not meet on holidays or during school vacations.**

**Fee:** \$95 (residents), \$115 (non-res.)  
**Ages:** 18+  
**Dates:** Mondays, Wednesdays, & Fridays  
 September 2016 — August 2017  
**Time:** 6:15—7:15am  
**Location:** LHS Field House

### EVENING ADULT DROP-IN GYM AT LHS FIELD HOUSE

**Mondays—Thursdays, November 7th, 2016 — April 13th, 2017**

Resident Season Pass:	\$60.00	Non-Resident Season Pass:	\$85.00
Resident Daily Admission:	\$3.00 per person	Non-Resident Daily Admission:	\$5.00 per person

- |   |                       |             |
|---|-----------------------|-------------|
| • <b><u>JOGGING</u></b> (all ages)            | Mondays—Thursdays     | 7:15-9:30pm |
| • <b><u>ADULT BASKETBALL</u></b> (age 18+)    | Mondays & Thursdays   | 7:15-9:30pm |
| • <b><u>ADULT INDOOR SOCCER</u></b> (age 18+) | Tuesdays & Wednesdays | 7:15-9:30pm |



### WOMEN'S INDOOR BOOT CAMP

This complete morning workout will be guided by **Susan Hom**. The hour will include a dynamic stretching warm-up and will progress through weight bearing, resistance, and cardiovascular exercises. Mat/floor work targeting specific muscle groups will also be incorporated. All levels of ability are welcome. Participants should bring a jump rope, exercise mat, two 5-10 lb. weights, and a water bottle. **Participants will also receive an Early Morning/Evening Gym ID Card.**

**Fee:** \$120  
**Ages:** 18+  
**Dates:** 15 Tuesdays and Thursdays,  
 December 6th—March 30th  
 (No class 12/27, 12/29, 2/21, and 2/23)  
**Time:** 6:00—7:00am  
**Location:** LHS Field House



### ADULT VOLLEYBALL

Come to the Estabrook School gym for 10 weeks of volleyball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$50  
**Ages:** 18+  
**Dates:** 10 Wednesdays, January 11th—  
 March 22nd (No class 2/22)  
**Time:** 7:00—9:00pm  
**Location:** Estabrook School Gym

### ADULT BADMINTON

Put on your sneakers, grab your badminton racquet, sign-up with a friend or two, and come join us at the Estabrook School gym for 10 weeks of badminton. ***Pre-registration is required and space is limited. Register early!***



**Fee:** \$50  
**Ages:** 18+  
**Dates:** 10 Mondays, January 9th—  
 March 27th (No class 1/16 & 2/20)  
**Time:** 7:00—9:00pm  
**Location:** Estabrook School Gym

### ADULT PICKLEBALL



Try out the fastest growing sport in the U.S.! Similar to table tennis, badminton, and tennis, it is a fun, active game that can be mastered by anyone. Equipment will be provided and all levels of experience are welcomed. We will be offering separate sessions for Advanced Beginners/Intermediate players and Strong Intermediate players this winter! ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$60  
**Ages:** 18+  
**Time:** 8:00—9:30pm  
**Advanced Beginners/Intermediate**  
**Dates:** 10 Tuesdays, January 10th—  
 March 21st (No class 2/21)  
**Strong Intermediates**  
**Dates:** 10 Thursdays, January 12th—  
 March 23rd (No class 2/23)  
**Location:** Diamond Middle School Gym



## ADULT AND 60+ PROGRAMS

### MEN'S PICK-UP BASKETBALL



Come to the Diamond Middle School gym for 10 weeks of pick-up basketball. Bring sneakers and a water bottle, and tell your friends and neighbors. **Pre-registration is required & space is limited. Register**

### ADULT SKI AND SNOWBOARD PROGRAMS

The adult program at Nashoba Valley is available for beginners through advanced skiers and snowboarders. The program includes a six-week session of lessons and lift tickets. Classes are available weekday mornings (with free skiing/boarding from 9:00am—5:00pm) or evenings (with free skiing/boarding from 5:00—10:00pm on lesson days). Adults pick **ONE day (morning or evening) and come any six times throughout the season**. The price of rentals is \$110 for skis and snowboards, payable to Nashoba Valley at the fitting on **Thursday, December 1st from 6:30-8:00pm at the Lexington Community Center**. Helmets may be purchased at a cost of \$60.



### ORIENTAL REGIMEN PRACTICE

**Mr. Tang** is a licensed massage therapist with enriched experience in Traditional Chinese Medicine. In this program, based on his clinical experiences and Traditional Chinese Regimen techniques, he will teach some effective practice. This includes breathing and mindfulness technique, stretching and motion exercises, self-massage on meridians and acupuncture points. It is designed to improve blood circulation and enhance body energy, release the stress and relax the muscles, improve the joints motion and increase body flexibility, therefore to improve health condition and prevent disease.



### YOGA, REIKI AND MEDITATION

This workshop, led by Reiki master **Joan Trubiano**, will combine gentle yoga, meditation and Reiki. You will practice a low-paced yoga with focus on meditation. The meditation will help calm your mind and Reiki for relaxation. Participants should bring a mat and blanket.

**Fee:** \$50

Ages: 18+

Dates: 10 Wednesdays, January 11th—  
March 22nd (No class 2/22)

Time: 8:00—10:00pm

Location: Diamond Middle School Gym

**Fee:** \$215

Ages: 18+

#### Dates/Times

6 Tues. starting 1/3 @ 10am or 7:30pm

6 Wed. starting 1/4 @ 10am or 7:30pm

6 Thurs. starting 1/5 @ 10am or 7:30pm

6 Sun. starting 1/8 @ 5:30pm

6 Mon. starting 1/9 @ 10am or 7:30pm

Location: Nashoba Valley Ski Area,

**Fee:** \$80

Dates: 6 Tuesdays, January 24th—  
March 7th (no class 2/14)

Time: 11:00am—12:00pm

Location: CC Room 139

**Fee:** \$24

Ages: 18+

Date: Saturday, February 25th

Time: 1:00—2:15pm

Location: CC Room 242

## LEXINGTON COMMUNITY CENTER

### Hours of Operation:

**Monday—Friday, 8:00 am to 9:00 pm; Saturday, 9:00 am to 5:00 pm  
Sundays and Holidays — Closed**

### Membership Fees:

Lexington Residents:	FREE
Non-Resident Senior (60+):	\$12.00 per year
Non-Resident Youth (under 18):	\$25.00 per year
Non-Resident Adult (18—59):	\$50.00 per year
Non-Resident Family (2 adults and children living at home):	\$125.00 per year
Non-Resident Adult working for Lexington Business:	\$25.00
Replacement Card:	\$5.00



### Schedule changes:

The Community Center will close at 4:30 pm on November 23rd and reopen at 8:00 am on November 25th

The Community Center will close at 1:00 pm on December 24th and reopen at 8:00 am December 27th.

The Community Center will close at 5:00 pm December 31st and reopen at 8:00 am January 3rd.

**When entering and exiting the property, we ask that all drivers be mindful of speed limits, other vehicles, and pedestrians.**



## ADULT AND 60+ PROGRAMS

### BODY CORE: A Total Fitness Class

Body Core is a fully integrated movement class that includes dancing to Zumba and popular music, total body conditioning using weights, Pilates balls and resistance tubing, Pilates core exercises, and Barre conditioning. This class will not only improve your cardio, muscle strength and endurance, but also help your balance and correct your posture. You'll have a lot of fun and feel stronger and energized! Please wear appropriate studio dance or aerobic/training shoes (no street shoes or running sneakers). Bring your yoga mat for floor exercises. Ellen is a certified Zumba, Pilates, Aqua, Barre and AFAA instructor. She also teaches adult ballet classes. **Instructor: Ellen Gaies** *This class is a great companion piece to the Monday Just Move It Class. Register for both classes for \$144 and receive a 10% discount.*



**Fee:** \$80

**Ages:** 18+

**Dates:** 10 Thursdays, January 12th—March 16th

**Time:** 6:00—7:30pm

**Location:** CC Room 006

**Sign up for Body Core and Just Move It for \$80 each or sign up for both at a**

### JUST MOVE IT

In this class you will move it all from your fingertips to your toes, and everything in between. 60 mins. of Cardio/Zumba routines followed by 30 mins. of Core-Toning with weights, floor work and stretching, plus lots of laughter. Wear comfortable layered workout clothing and sturdy sneakers. Bring refillable water bottle. All equipment provided. Class starts promptly at 6:00pm! **Instructor: Diane Taylor**



*This class is a great companion piece to the Thursday Body Core Class. Register for both classes for \$144.*



**Fee:** \$80

**Ages:** 18+

**Dates:** 10 Mondays, January 9th—March 27th (No class 1/16 & 2/20)

**Time:** 6:00—7:30pm

### OSTEOFITNESS—Building Bone Building Bonds

This is a successful, evidence-based class targeting osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common osteoporotic sites – spine, hip, and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after “Strong Women Stay Young” and includes all joint-friendly moves as advised by the Arthritis Foundation. Classes now include Stress Management in every class as stress is a deterrent to bone building. Holistic disciplines are woven throughout the class to improve the immune system. **Please bring your own mat and ankle**

**Fee:** \$215 (2 days)

**\$115 (1 day)**

**Dates:** 8 Tuesdays and Fridays, January 24th—March 17th

**Times:** 9:15—10:15am (Tuesday)  
9:00—9:55am (Friday)

**Location:** CC Room 006

### DEFENSIVE TECHNIQUES FOR ADULTS

Combined Martial Arts, Situational Awareness and Defensive tactics program, will build your self-awareness, and provide you with essential self-defense skills. The classes will be in a controlled classroom setting. The instructors will be **Cleveland Coats Jr.** a retired sergeant for the Massachusetts State Police, FBI National Academy certified instructor. Executive protection, counter terrorism, tactical SWAT team, and threat risk vulnerability assessment. The other instructor is **Charles S. Crayton Jr.**, the chief instructor of Combined Martial Arts with 30 years experience in law enforcement, part of a regional tactical response team, 30 years as a martial arts instructor, trained in dignitary protection and a AAU karate champion.

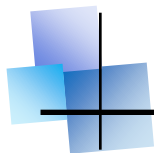
**Fee:** \$130

**Ages:** 18+

**Dates:** 4 Tuesdays January 10th—January 31st

**Time:** 6:30—8:00pm

**Location:** CC Room 242



## ADULT AND 60+ PROGRAMS

### BASIC FORMS OF WU STYLE TRADITIONAL TAI CHI

Tai Chi Quan is one kind of internal martial art for both self-defense and health. It is suitable for all ages to practice. The internal martial art is not only focused on self-defense but also to stimulate your energy and improve your immune system for overall health benefits. The research shows that Tai Chi is very good for improving leg muscle strength and balance function for all ages. Tai Chi Quan is considered as movement meditation. It is not only relaxing for your body, but also your mind.

### KUNDALINI YOGA



Kundalini Yoga is one of the schools of Hatha Yoga. It derives its name through focusing on awakening the body's Kundalini (primal) energy. In this class participants, led by **Joan Trubiano**, will practice meditation, pranayama breathing techniques, chanting mantras and physical postures. Kundalini Yoga is a dynamic practice that awakens the nucleus projection of every cell in the body and builds physical vitality. Form in Kundalini is not as important as the experience of moving the body. This class can be modified for all levels. Please bring a mat, blanket and water.

### ADVANCED BRIDGE INSTRUCTION: Two-Over-One

Most bridge players in the United States learn "Standard American" when they first begin. In the 21st Century, the "Two-Over-One" system is fast becoming the most popular bidding method. Join instructor **Kim Gilman** for 8 exciting classes in how this system works, and the various conventions that go along with it. It's easier than you think, and much more effective! Along the way, students will also practice techniques in declarer play and defense. At the end of the session, even if you decide not to adopt Two-Over-One for yourself, you'll understand better what your opponents are playing. *This course is for players who already know the basics of bridge, and wish to become more confident and improve their results.*

### TUESDAY EVENING ZUMBA

Join instructor **Karl Weiland** in this Tuesday evening dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if



### BEGINNER 2 BRIDGE INSTRUCTION

This class taught by instructor, **Maureen Bitler**, is designed for those who have an understanding of the basics of bridge, this class will build on those basic concepts such as Opening Bids, Responses, and determining what level, and focus on playing the hand, developing tricks, the finesse, and putting it all together.



### CRAFTERS CLUB

**Marita Hartshorn** is an experienced crafter who is bringing her expertise to the Community Center for adults and seniors to enjoy. We will explore various crafts using recycled materials, beads, polymer clay, felted wool etc. The purpose of the class is to have fun, explore using a variety of materials, challenge our creativity and meet other crafters. Marita is donating her time, creativity and energy! **There is an additional \$3.00 materials fee per class.**

**Fee:** \$15/  
**session**

**Dates:** 6 Saturdays, January 21st—  
February 25th **or**  
6 Tuesdays, January 24th—  
March 7th (No class 2/14)  
**Times:** 9:00—10:00 am (Saturday)  
9:45—10:45 am (Tuesday)  
**Location:** CC Room 242 (Saturday)

**Fee:** \$105

**Dates:** 8 Saturdays, January 21st—  
March 18th (No class 2/4)  
**Time:** 11:15am—12:30pm  
**Location:** CC Room 242

**Fee:** \$160

**Dates:** 8 Tuesdays, January 24th—  
March 28th  
(No class 2/14 or 2/21)  
**Time:** 1:30—3:30pm  
**Location:** CC Room 139

**Fee:** \$100

**Dates:** 10 Tuesdays, January 10th—  
March 14th  
**Time:** 6:30—7:30pm  
**Location:** CC Room 006

**Fee:** \$128

**Dates:** 8 Tuesdays, January 10th—  
March 7th (No class 2/21)  
**Time:** 9:30—11:30am  
**Location:** CC Room 242

**Fee:** Free

**\$3.00 materials fee per class—paid in class**

**Dates:** 8 Wednesdays, January  
18th—  
March 15th (No class 2/22)





## ADULT AND 60+ PROGRAMS



### CRYSTAL BOWL MEDITATION WORKSHOP

Come and meditate with certified Reiki Master, **Joan Trubiano**, to the amazing healing sound of the crystal bowls. We will practice very gentle yoga to prepare the body for relaxation. There will be a guided meditation while the bowls are played. Participants should bring a mat and blanket.

<b>Fee:</b>	<b>\$24</b>
Ages:	18+
Date:	Saturday, January 21st
Time:	1:00—2:15pm
Location:	CC Room 242

### WEEKDAY EVENING YOGA (Tuesday or Wednesday)

Join certified instructor **Keith Herndon** in this physically balancing workout of Yoga on Tuesday or Wednesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

<b>Fee:</b>	<b>\$125</b>
Dates:	10 Tuesdays, January 10th— March 14th <b>or</b> 10 Wednesdays, January 11th— March 15th
Times:	7:30—8:30pm (Tues.) 7:00—8:00pm (Wed.)
Locations:	CC Room 006 (Tues.)



### WU STYLE BASIC FORMS OF TAI CHU GROUP PRACTICE

People who have attended or are attending the "Wu Style Tai Chi Basics" class can join this group practice program. In the program individual's posture and movement will be closely monitored and corrected if needed by the instructor.

<b>Fee:</b>	<b>\$25</b>
Dates:	6 Saturdays, January 21st— February 25th
Time:	10:15—11:15am
Location:	CC Room 242

### SATURDAY ZUMBA WORKOUT

Join instructor **Karl Weiland** in this Saturday afternoon class that takes the work out of working out! This cardio/body toning dance/fitness class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!

<b>Fee:</b>	<b>\$100</b>
Dates:	10 Saturdays, January 14th—March 18th
Time:	3:00—4:00pm
Location:	CC Room 006

### STRENGTH TRAINING (Seated and Floor)

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally certified exercise instructor **Pearl Pressman** and is designed to accommodate



<b>Fee:</b>	<b>\$96</b>
Dates:	8 Tuesdays and Thursdays, January 10th— March 2nd
Time:	12:00—12:55pm
Location:	CC Room 006

### WOMEN'S BOXING BECOMING A KNOCKOUT!

Boxing isn't just about 'fighting' - it's a mind set and a sport that will get you into the best shape of your life. The Lexington Community Center is thrilled to present Women's Boxing - led by USA Boxing Certified trainer/coach Todd Paris this program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, and how to "train like a boxer". You'll get in your push-ups, ab work, and will get in the best shape of your life! This class is only for women (18+). Fee includes free hand wraps & boxing gloves.

<b>Fee:</b>	<b>\$220</b>
Ages:	18+
Dates:	12 Wednesdays, January 11th— April 5th (No class 2/22)
Time:	5:30—6:30pm



## LIFETIME 60+ PROGRAMS

### BEGINNER TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. **Instructor: Bill Barons**

**Fee:** **\$36**  
**Dates:** 8 Wednesdays,  
January 11th—March 8th (No class  
2/22)  
**Time:** 1:30—2:30pm

### TUESDAY DANCE, FITNESS, AND STRENGTH

This class, a Tuesday version of FRIDAY FITNESS, involves a combination of cardio fitness and muscle conditioning. Participants will maintain or improve their cardiovascular health as they get their hearts pumping with dance-fitness and aerobic routines. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Using free weights and body resistance exercises, the instructor will also guide you through a series of exercises to work all the major muscles. Modifications can be made for those who need support or balance or a seated workout experience.

**Instructor: Renae Nichols**

**Fee:** **\$40**  
**Dates:** 8 Tuesdays, January 10th—  
March 7th (No class 2/21)  
**Time:** 1:05—2:00pm

### 60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class is spent doing cardio exercises to build endurance. **Instructors: Amelia Hoffman and Maureen Gaines**



**Fee:** **\$54**  
**Dates:** 16 classes (Mon. & Wed.)  
January 9th—March 8th  
(No class 1/16 & 2/20)  
**Time:** 9:45—10:45am  
**Location:** CC Room 006



### GENTLE YOGA

These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This beginner level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace. Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness.

**Instructor: Lisa Groves**

**Fee:** **\$54**  
**Dates:** 8 Mondays, January 9th—  
March 13th (No class 1/16 &  
2/20) or  
8 Fridays, January 6th—  
March 3rd (No class 2/24)  
**Times:** 2:45—3:50pm (Mondays)  
10:45—11:50am (Fridays)

### SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles, and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility. **Instructor: Pearl Pressman**



**Fee:** **\$54**  
**Dates:** 16 classes (Tuesdays and  
Thursdays)  
January 10th—March 2nd  
**Time:** 11:00—11:55am  
**Location:** CC Room 006

### INTERMEDIATE TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental, and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. **Instructor: Bill Barons**

**Fee:** **\$36**  
**Dates:** 8 Wednesdays, January 11th—  
March 8th (No class 2/22)

CC = Community Center



## LIFETIME 60+ PROGRAMS

### MODERATE YOGA

The Moderate Yoga classes build upon the Gentle level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges. **The newly added Monday class will be instructed without the use of chairs.** The Friday class will still use chairs at times each week. **Instructor: Lisa Groves**



**Fee:**  
**\$54**

**Dates:** 8 Mondays, January 9th—  
March 13th (No class 1/16 &  
2/20) **or**  
8 Fridays, January 13th—  
March 10th (No class 2/24)  
**Times:** 9:30—10:35am (Fridays)  
1:30—2:35pm (Mondays)



### FITNESS FRIDAYS

This class is designed for residents 60+ with a combination of fitness and yoga. The goal is to improve balance and tone by involving all major muscles of the body. The class uses weight bearing exercises to reduce and prevent osteoporosis and increase overall wellness. **Instructor: Renae Nichols**

**Fee:**

**\$24**

**Dates:** 8 Fridays, January 13th—  
March 10th (No class 2/24)  
**Time:** 10:00—10:55am  
**Location:** CC Room 006

### LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the movements to music. **Instructor: Sam O'Clare**

**Fee:**

**\$24**

**Dates:** 8 Thursdays,  
January 12th—March 2nd  
**Time:** 1:00—2:00pm  
**Location:** CC Room 006

### QUILTING CLASSES

**BEGINNER:** Have you always wanted to learn how to quilt? If so, this class is for you! Begin a sampler quilt or work on smaller projects with other participants.

**ADVANCED:** Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes.

**Instructor: Jane Norberg**

ASK ME  
ABOUT  
QUILTING

**Fee:**

**\$75**

**Dates:** 10 Thursdays, January 5th—  
March 16th (No class 2/23)  
**Times:** Advanced: 9:00—11:30am  
Beginner: 1:00—3:30pm

### DAOYIN MEDITATION & STRETCHING

Yuanji Daoyin is a mind-body practice characterized by the integration of meditation and stretching in motion to improve mental and physical well-being beyond strengthening or relaxing the muscles, the movements in Yuanji Daoyin follow orbits of spiral or coiling. "Yuan" in Chinese means circle or orbit. "Ji" means maximum stretching. Yuanji Daoyin is based on both the principles of Tai Chi and on medical science with the explicit purpose of overall health enhancement. It is particularly suited for improving circulation, balance, flexibility, and strength in seniors. **THIS PROGRAM IS FREE FOR LEXINGTON SENIORS.** The Daoyin Health Society has received a donation from the **Dana Home Foundation** to help fund this worth while

**Fee:**  
**FREE**

**Session 3:** 8 Saturdays, January 21st—  
March 11th  
**Session 4:** 7 Saturdays, March 18th—May  
6th (No class March 25th)  
**Time:** 9:15—10:15am



## LIFETIME 60+ PROGRAMS

### FOREVER FIT ~ A WELLNESS PROGRAM FOR ADULTS 60+

FUNDED BY A GENEROUS GRANT FROM THE DANA HOME FOUNDATION

Please attend our information session on Wednesday, January 11th at 1:15pm in the Fitness Room at the Lexington Community Center, 39 Marrett Road. Learn more about this exciting program, taught by **Judy Whitney**, personal trainer with over 30 years experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one on one and group training sessions on Monday, Wednesday, and Thursday afternoons. Whether your goal is to develop strength, improve balance, or increase flexibility, this program is available to assist you. Our approach is first to develop a rapport with you in an attempt to better understand what your individual needs are. Together, we will formulate realistic and attainable goals and work with you to reach these goals. **REGISTRATION FOR ALL FOREVER FIT CLASSES WILL BEGIN AT 2:00pm JANUARY 11TH.**

### **O.W.L.L. COURSES FOR OLDER, WISER, LIFELONG LEARNERS**

FRIENDS OF THE COUNCIL ON AGING PROGRAM



O.W.L.L. Spring Semester Courses 2017

Kick-off Reception January 25th at 3:00pm at the Lexington Community Center

Poetry Reading (Wednesdays, March 1—29 10:00—11:30am)

Parenting and Cross Culture Perspective (Thursdays, March 2—April 20 10:00—11:30am)

Glimpsing the Molecular World (Wednesdays, March 15—April 19 2:00—3:30pm)

The World's Greatest Masterpieces (Wednesdays, April 26—May 24 1:00—3:30pm)

Poetry Writing (Wednesdays, April 5—May 10 10:00—11:30am)

Wisdom (Mondays, May 1—May 15 1:00—2:30pm)

The Music of American Places (Thursdays, May 18—June 15 2:00—3:30pm)

#### REGISTRATION INFORMATION

Spring O.W.L.L. registration will take place beginning at 5:00pm, after the O.W.L.L. Kick-Off Reception on January 25, 2017. Advanced registration **will not be accepted** prior to January 25th. Non-resident registration begins on February 8th. Participants are asked to submit a separate check for each program they are enrolling in. Checks should be made payable to: Town of Lexington. Credit Card or cash payments are also accepted.

***Additional program and registration information will be published in the January/February Senior Newsletter.***





# DROP-IN ACTIVITIES AT THE LEXINGTON COMMUNITY CENTER

## DROP-IN BRIDGE

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on **Wednesday** afternoons from 1:00—3:00pm in the Mansion.



## BILLIARDS & TABLE TENNIS — Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm



Drop-in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all and we gently ask that you limit your use of the tables if others are waiting to play. Check-in at the transaction counter to see if any leagues have time booked.



**Senior Specific Programs run Mondays, Wednesdays, and Friday, 1:00—3:00pm**

## DROP-IN MAH JONGG

Do you like to play Mah Jongg? If so, come on down to the Community Center on **Monday** afternoons from 1:00—3:00pm in the Mansion.

## DROP-IN POKER

If you like to play poker but don't want the high stakes, then come over to the Community Center on **Thursday** afternoons from 1:00—3:00pm in the Mansion.

## DROP-IN CANASTA

Swing by the mansion on **Tuesday** mornings from 10:00am—12:00pm for a game of canasta with your friends!

## CARDIO FITNESS ROOM - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm

Do you like the smaller gym atmosphere, but still like the equipment that is at the big gyms? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, a spinning bike, a stair stepper, dumbbells ranging from 3lb-50lb, and a water rower. If you go down the hall to our smaller fitness room you can find kettlebells and a total body machine with instructions!



## GAMES ROOMS (107 AND 108) - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm



Do you want to just come to the Community Center to hang out? Then come on by to the games rooms where we have air hockey tables, video game systems, a 60" TV, and board games for everyone to play all day. Come by with your friends, family, and neighbors and enjoy yourself.



## SENIOR BINGO

Come over to the Community Center with your friends and neighbors and enjoy many fun games of bingo with our brand new flashboard. Senior bingo time is every **Friday** afternoon from 1:15—3:30pm in the Lexington Community Center Dining Room. See what you can win...because who doesn't like a little extra cash for the weekend!

## DROP-IN CORNHOLE

Drop by the Community Center on **Tuesday** afternoons from 1:00—3:00pm and join friends for a rousing game of corn hole!

## STRETCH & BEND

Ages 60+ are invited to come to the Lexington Community Center weekdays at 9:00am to join our 30-minute, volunteer-led exercise program, designed to loosen you up and get ready for the day!



## OTHER LEISURE PURSUITS

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### Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

### Bicycling

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

### Ball Field Permits

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

### ED2GO ~ Online Education Courses

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: [www.ed2go.com/lexrec](http://www.ed2go.com/lexrec) to view courses.

### Pine Meadows Golf Club

This public course opens in mid-March, weather permitting. The club is owned by the Town of Lexington and managed by New England Golf Corporation. This par 35 course features elevated tees, tree-lined fairways and rolling greens. Call the Pro Shop at 781-862-5516 for 2017 fees and tee time schedules. **Golf ID cards** (\$10.00) are available at the Recreation and Community Programs Department Office for Lexington Residents **ONLY**. A Golf ID card entitles the holder to reserve tee times up to 14 days in advance.

### LABBB ~ Special Events

The Lexington Community Center will be collaborating with the LABBB program to offer a series of special events on December 22nd, January 19th, February 10th, March 2nd, and April 6th. These dances and events begin at 6:00pm. For more information, check the Recreation and Community Programs website.

### Special Needs Arts Programs, Inc. (SNAP)

Founded in 1981, Special Needs Arts Programs, Inc. (SNAP) provides people with developmental disabilities opportunities that celebrate each person's unique abilities while cultivating creative expression, building peer relationships, and fostering self-esteem through life-enhancing activities in the arts. SNAP is a 501c(3) non-profit organization.

The Chorus brings together developmentally disabled individuals to learn about singing and music at weekly rehearsals, as well as socialize and make friends. The Chorus program runs in two sessions, from September-January and then February-June and are divided into two groups: Sing-Along Chorus meets on Mondays from 7:00-8:30pm and Sing-Along Singers meets on Wednesdays from 7:00-8:30pm. Chorus promotes fun and friendship and has performances and special parties each session. Cost is \$220 per session.

Special Artists brings together individuals with developmental disabilities to work on art projects. Participants work at their own pace in a supportive and fun environment, emphasizing creativity and friendship. Special Artists work on a different project each session and activities can include watercolor/acrylic painting, fabric painting, wood projects, and multi-media art. The program meets for eight weeks in the fall and eight weeks in the spring. Special exhibits are planned to showcase the talent and achievements of the artists. The cost is \$120 per each 8-week session.

For more information on any SNAP programs, please contact Heidi O'Mara, Executive Director, at [info@snaparts.org](mailto:info@snaparts.org). You can also visit their website at [www.snaparts.org](http://www.snaparts.org) for a program application or to learn how to volunteer with SNAP.

## Lexington Recreation and Community Programs Department Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address (please print) \_\_\_\_\_

Grade \_\_\_\_\_  
D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Fall 16 \_\_\_\_\_ School \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact Name & Phone \_\_\_\_\_

Special instructions and/or information that the instructor needs to be aware of (medical concerns,

allergies, special needs, etc.): \_\_\_\_\_

I, \_\_\_\_\_ the participant, or I/We, the parent(s)/guardian(s)

of \_\_\_\_\_ a minor, hereby consent to participation in the Town of Lexington Recreation and Community Programs Department, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation and Community Programs Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Adult Participant or Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Adult Participant or Parent Name \_\_\_\_\_

Program Title	Date/Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Have you participated in this program/these programs before? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have a Lexington Community Center membership card? Yes \_\_\_\_\_ No \_\_\_\_\_

If registering for the Youth Basketball Clinic or League, will you volunteer to be a coach? Yes \_\_ No \_\_

Volunteer Name: \_\_\_\_\_ Volunteer Email Address: \_\_\_\_\_

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community Programs in the community.

Donation Amount \$ \_\_\_\_\_

TOTAL PAYMENT INCLUDED (program fees & donation): \$ \_\_\_\_\_

Type of Payment: VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

If paying by credit card: Card Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Make checks payable to the TOWN OF LEXINGTON and submit registration and payment to:

Lexington Recreation and Community Programs

Mail: 1625 Massachusetts Avenue, Lexington, MA 02420

Drop-Off: 39 Marrett Road, Lexington MA, 02421

**Town of Lexington  
Recreation and Community Programs**

**Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421  
(781) 698-4870**

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LEXINGTON, MA**

**THINGS TO LOOK FOR IN UPCOMING BROCHURES**

**SPRING/SUMMER 2017**  
(available in February 2017)

**Pre-School, Youth, Teen, & Adult Spring Programs  
Spring Lifetime (60+) Programs and O.W.L.L Courses  
Youth and Family Fun Nights at the Community Center  
April School Vacation Programs  
Middle School Early Release Trip to Kimball Farm  
Youth and Adult Tennis Lessons  
Summer Youth Day Camps and Sports Clinics  
Summer Youth Chess, Science, and Tech Programs**

**SUMMER 2017**  
(available in April 2017)

**Town Pool and Old Reservoir Swim Schedule  
Swim Lesson Schedule & Registration Information  
Adult, Lifetime (60+), and O.W.L.L. Summer Classes & Programs  
Fall Youth NFL FLAG Football League  
Lexington Community Center Programs**

